

Message from our new President; Dr. Kathryn Hale

We are deep into winter and many of you are enjoying days in the snow – skiing at Red Resort, tobogganing, touring and travelling our cross country trails. Our Red Resort Corporate Ski Passes have been very successful, when not being used as a recruitment incentive, our KBRH Med Staff can access the passes (more information below).

With winter we have also seen a dramatic increase in respiratory illness and I commend our teams for their tireless work as we make our way through the increased demands on our hospital.

We continue to support our teams with the physician lounge being stocked regularly, and the KBRH gym is progressing with the support of IHA to help maintain our teams' morale.

As I step into my role as President for our MSA and KBPA, I can anticipate this year will be one of building relationships and opportunities to continue our efforts improving our providers experience in KBRH. We have a new team, Mona Mattei has joined KBPA as Managing Director and myself. I would like to welcome Mona and we will benefit from her years working with the KB Division leading QI project work and supporting teams.

With a new director stepping in with Interior Health, we can anticipate that the next six months will be a learning curve for her. As she grows into her role, myself and Mona will be meeting with her as well as our Chief of Staff on a regular basis to create a solid base for our work progressing over the coming year.

Our Board and the FE Working group will be hosting a joint planning session in April to look at projects ideas and budgets for the coming year. We welcome project ideas from our teams to build continuous quality improvement into our culture. A priority for me in my tenure will be to work with IHA on physician work stations – locations, privacy and



accessibility. We will be continuing to build a plan for our equity and diversity strategy and supporting new and current projects.

We look forward seeing you in-person at our MSA meeting on 27th February, 2023 at the Prestige in Rossland, to RSVP please contact Tara - tdias@kbpa.ca

Thank you for your support as I embark on this year's work – our KBRH team is our strength!

Dr. Kathryn Hale
President KBPA/MSA
KPBA | Facility Engagement

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Up and Coming Events

Red Ski Pass - Winter 2023

In the last 50 days the 2 corporate ski passes at Red Resort have been used 95% of the time by locums, residents, visiting physicians, recruitment and KBRH med staff members. We are extremely grateful to Red Resort for donating 1 corporate pass and MSA paying for 1 corporate pass. When you see Don Thompson (Managing Director of Red Resort) on the slopes, please let him know how much we appreciate their support in helping us with the donation of 1 corporate pass for recruitment and retention purposes.

When not being used for recruitment purposes the RED RESORT passes (#1 or #2) are available to be used by medical staff members. Every Thursday 5pm an email will go out with availability for the pass/es for the following week. Sign up to get on the Red Resort Ski Pass Alert [here](#).

If you get a chance please take a photo and either post it to instagram or facebook - hashtag #kbdoctorsskired #TheGoodLifeAtRED or send your photo to kpegg@kbpa.ca.



Join us for the largest and longest running CPD event in the Kootenays for an afternoon of learning, networking and fun! This year's event will be delivered both in-person & virtually - *your choice!*

39th Annual Kootenay Conference - 2023

Date: Friday, February 10, 2023

Time: 12:30 - 4:30 pm

IN-PERSON: Prestige Lakeside Resort - Nelson

VIRTUAL: Zoom

[KOOTENAY CONFERENCE RSVP HERE >](#)

MSA Meeting - 27th February, 2023

Date: 27th February, 2023

Time: 5.30 - 7.30 pm buffet dinner 5.30pm MSA meeting & zoom starts at 6pm

7.30 - 8.00 pm Dept of FP Meeting - Dr. Stef Houde

Venue: Gabriella's, Rossland

Draw: If you paid your MSA dues by 28th January, 2023 you are in the running for a \$100 gift voucher for Gabriella's > you must be at this MSA meeting to collect your gift voucher.

[MSA RSVP HERE>](#)

Sugar Shack Social Event - 4th March, 2023



In Eastern Canada, and especially in Québec, "sugaring" is synonymous with springtime. It is a festive period highlighted by visits to "sugar shacks" (cabanes à sucre) for the traditional tasting of sweet maple sap, and for savoring maple taffy on snow.

On behalf of Dr. Ian Sibbald (Lead Physician) and the KBPA board, we are excited to put on this event to replace the Hot Chocolate Social we have had the past couple of years at

the Josie. We would like to thank Black Jack Ski Club (Dr. Adele Pratt, Kathleen & BJ Board) for providing the amazing venue and Lyne Chartier from AKFO.ca for creating this experience.

Come out for the day, Black Jack Ski Club have given us a deal on day passes & rentals - spend some social time with your colleagues and their families.

We are going to boil up a treat for you and the kids!



Event: KBPA Sugar Shack Social

Venue: Black Jack Ski Club Rossland

Time: 2-4pm

Experience: Maple Taffy & Hot Chocolate

[SUGAR SHACK RSVP HERE >](#)



YOGA

Venue: Gym Space near Cafeteria

Time: 12:40 - 1:20 pm



Featuring

Bruno Feldeisen

Celebrity Chef, Judge on CBC's Great Canadian Baking Show

Takashi Harada

Executive Chef, The Velvet Restaurant & Lounge

Friday February 24th

6PM at The Josie

Supporting the

KBRH Neonatal Intensive Care Unit

Tickets \$250/person

Dress to impress

For tickets call the KBRH Health Foundation: 250-364-3424
To book a preferred rate room at the Josie: 250-362-5155

Date: Wednesdays

Contact Dr. Carolyn Stark

\$10 drop in, mats provided.

Everyone Welcome! Contact Dr. Stark

Doctors of BC Health Authority Engagement Survey Report

Last fall, Doctors of BC carried out its seventh annual Health Authority Engagement Survey, an important tool for informing our advocacy work on behalf of BC physicians. The comprehensive Report of 2022's survey results is now available for physicians and MSA executives and support teams to read.

The Doctors of BC Health Authority Engagement [Survey report](#) provides an overview of engagement trends, physician input, and broader demographic information, and the [What We Heard fact sheet](#) shows an overview of the key findings at a glance.

A [Supplemental Report](#) with charts outlining breakdowns by practice type, location, hospital/facility, community, is also available on our [Health Authority Engagement Survey webpage](#), along with reports from previous years.

New Regional Facility Engagement Planetary Health Table

The purpose of this regional FE table is to explore initiatives aimed at reducing the environmental impact of IH facilities across the region. Currently, the table has representation from 8 facilities across the Interior, along with key IH partners, and are **welcoming interested physicians from Interior sites not yet represented.**

Regional strategic priorities, projects, and a work plan will be discussed at the next meeting on **March 16th, 2023.** For those interested, a project proposal template is available for local sites to request funds from their FE working groups to support this work at the site level.

If you're interested in getting involved or have questions please contact Project Manager Danica Burwash at danicaburwash@gmail.com

IH Climate Change and Sustainability Roadmap Survey – Physician Input Requested

IH's Environmental Sustainability team is in the process of developing a *Climate Change and Sustainability Roadmap*. The roadmap will provide a cohesive over-arching strategy to guide population-based climate action and internal corporate sustainability across the organization.

As part of the development of this strategy, the project team wants to ensure physician thoughts on IH's future work in climate action and environmental sustainability are heard. To that end there is an online survey that [IH Physicians can fill out here](#). The survey will approximate take 5 minutes to complete and it closes on Feb. 21, 2023.

If you have any questions, please contact: sustainability@interiorhealth.ca

IH Specialist Symposium - April 27, 2023

This year's event will be held in person in Vancouver at the Westin Bayshore. The theme is *Responding to Today's Challenges in Specialty Care*. For more information, including the detailed agenda and registration, please visit [here](#).

New Policy Statement Addresses Gender Inequity in Medicine

Doctors of BC has created a [policy statement](#) to help better understand gender inequity in medicine, and to build on individual and collective physician action to address this significant challenge. Gender inequity in medicine cannot be solved only through changes in the health care system, but actions specific to the medical profession can be taken to make it more gender equitable for women and gender diverse physicians. In the policy statement, Doctors of BC makes a number of recommendations and commitments to action. Read more [here](#).

MSA Staff Appreciation Awards 2022

In December every year MSA members nominate a staff member, who has worked above and beyond in the workplace, to go into a draw to receive a \$100 gift voucher + certificate. This years' recipients are:

Victor Bobbitt - nominated by the Hospitalist team

Emily Larochelle - nominated by Dr. Susan Benzer

Scott Monteith - nominated by Dr. Edge

Lora Janzen - nominated by Dr. Nattana Dixon-Warren

Janet Horney - nominated by Dr. Kristen Edge

Hailey Salekin - nominated – Dr. Tara Gill & Dr. Melissa Herr

Staci Carey - nominated by Dr. Miles Smith

Anthony Peters - nominated by Dr. Sasha Cihal

Sam Cousineau - nominated by Dr. Tara Gill

Alisha Gray - nominated by Dr. Stef Houde

Aladina Sheets - nominated Dr. Andy Lawe



Dr. Tara Gill & Hailey Salekin



Dr. Stef Houde, Dr. Matt Hermann, Dr.
Sasha Cihal & Janet Horney



Dr. Susan Benzer & Emily Larochelle

Housekeeping

A note from the admin building cleaners - please keep the kitchen in Admin Building and Board Room clean - remove all containers place them in the bin or wash up your own dishes. Thank you.

Project Spotlights

KBPA/MSA Annual General Meeting - 23rd September, 2022

The MSA/KBPA annual general meeting was held on 23rd September, 2022 at the Flying Steam Shovel. Dr. Kathryn Hale was voted in as the new MSA/KBPA President plus Dr. Sasha Cihal & Dr. Brian Garrett stepped onto the board.



Dr. Kathryn Hale
President



Dr. Ian Sibbald
Vice President



Dr. Carolyn Stark
Treasurer



Dr. Sue Babensee
Board Member



Dr. Anne-Marie Baribeau
Board Member



Dr. Sasha Cihal
Board Member



Dr. Brian Garrett
Board Member

Dine & Learn - 3rd October, 2022

Event: An evening with President of Doctors of BC, Dr. Ramneek Dosanjh on Equity, Diversity & Inclusion

Key Note Speakers: Dr. Ramneek Dosanjh (President of Doctors of BC) & Dr. LeeAnne Lavery (KBRH Orthopaedic Surgeon)

Date: 3rd October, 2022

Venue: The Josie, 2022

Lead Physician: KBRH EDI Committee; Dr. Tara Gill, Dr. Carolyn Stark, Dr. LeeAnne Lavery, Dr. Anne Dobson, Dr. Hilary Brotherhood

Facilitator: James Brotherhood

65 physicians from the region attended in person at the Josie in Rossland and 10 on zoom. Funding partners were RCCbc, KB CPD & KBPA.

Video of the event > [CPD Recordings Library](#) Direct link to the [vimeo](#)



Dr. Lee-Anne Laverty, Dr. Hilary Brotherhood, Dr. Anne Dobson, Dr. Belinda Van der Berg, Dr. Lisa Vasil, Dr. Tara Gill, Dr. Ramneek Dosanjh, Dr. Brenna Eldridge.

KBRH Pumpkin Carving Contest - 28th October, 2023

Judging for the 3rd Annual Kootenay Boundary Regional Hospital Pumpkin Carving Contest got underway on Friday 28th October in the Reception at KBRH. For the 2nd year in a row Lindsey Munch and the Dietary Department won Best in Show with their pumpkin "It's Alliiivveee".

Dr. Sue Babensee, KBPA Board member and physician lead for the KBRH Pumpkin Carving event said, "the level of creativity this year has surpassed the previous years, the pumpkins were fun, colorful and incredible. "

We even had an entry posted in from Vancouver the ICC Alumni (our last years' medical students); Lionel Jensen, Brian Hayes, Brenna Mackay & Katie Cullen, decided to enter again this year, however, the pumpkin did not make it in time so we printed a picture for the judging, the pumpkin was aptly called "The Nomad".



KBRH Staff Appreciation day - 28th October, 2023



KBPA sponsored a Staff Appreciation Day at KBRH on 28th October, 2022 giving gratitude to all IH staff and physicians who work at KBRH. Free coffee and tea kept Craig and Lauren, the Grind's amazing barista's, busy. Always a great day. Picture: Dr. Brian Garrett (KBPA Board Member), Connor De Melo (Med Student), Dr. Caroline Stark (KBPA Treasurer and Board Member)

New Physicians

Dr. Aug Tze - Anesthetist

Where did you grow up? I was born in Hong Kong and moved to Canada when I was 7 yrs old and grew up in Brampton Ontario.



Medical School and Residency? I went to the University of Western Ontario for medical school and trained at the University of Calgary for residency.

What is your favorite thing to do in the Kootenays? Ski, hike, bike, camp, SUP, and kayak with my wife Amy.

Little known fact? My wife and I rescue senior palliative dogs and currently have a 10 year old chihuahua that is toothless and therefore his tongue sticks out.

Dr. Natalie Kuiper - Paediatrician



Where did you grow up? I grew up in a small town called George on the southern coast of South Africa.

Medical School and Residency? I then studied at UCT in Cape Town and completed my paediatric training at Red Cross War Memorial Childrens Hospital in Cape Town.

What is your favorite thing to do in the Kootenays? My favorite thing to do here is take long walks with my children Eva (2yrs) and Grayson (4 months), my husband Mark and our old and grumpy dachshund Dexter!

Little known fact? I love to paint and sketch (fine art) and I make beaded jewellery. I have an obsession with dachshunds too, and have a black and tan one called Dexter. People always laugh at how much dachshund paraphernalia I have in my house!

Dr. Caroline Gardiner - Anesthetist



Where did you grow up? I was born and raised in a small town on the southern coast of South Africa called George.

Medical School and Residency? I completed my undergraduate degree at the university of Cape Town, and did my registrar time in Bloemfontein at the university of the Free State.

What is your favorite thing to do in the Kootenays? My husband and I love driving around the beautiful region we have just moved to, and exploring the

little towns in the areas. Nelson has become a favourite, with some great restaurants (and shoe shops!)

Little known fact? Might be more pathological.... I am a shoe addict. I managed to bring 12 pairs over with in my suitcases. But there are 68 pairs in a container on their way to me across the Atlantic!

Dr. Andrew Hamilton (Hospitalist/FP) and Tessa Hamilton (NP) moved their family to Rossland in October/November 2022 and have been super busy ever since. We welcome them too.

Facilities Engagement Working Group

Anesthesia - Dr. Ian Reid
Diagnostic Imaging - Dr. Sue Babensee
Emergency Medicine - Dr. Jeff Hussey
Hospitalists - Dr. Stef Houde
Family Practice - Dr. Stef Houde
ICU - Dr. John Peachell
Internal Medicine - Dr. Heather Stefanison
Laboratory Medicine - Dr. Dennis Small
Obs/Gyn/Peds - Dr. Kathryn Hale
Psychiatry - Dr. Carolyn Stark
Surgery - Dr. Hilary Brotherhood
Member at Large - Dr. Sam Segal
Past President - Dr. Susan Benzer
CME Coordinator - Dr. Melissa Herr

Directors and Officers

President: Dr. Kathryn Hale
Vice President - Dr. Ian Sibbald
Treasurer - Dr. Carolyn Stark
Board Member - Dr. Sue Babensee
Board Member - Dr. Anne-Marie Baribeau
Board Member - Dr. Sasha Cihal
Board Member - Dr. Brian Garrett

Heads of Department

Dept. of Family Practice - Dr. Stef Houde
Division of Hospitalists - Dr. Stef Houde
Dept. of Surgery - Dr. Anne Dobson
Dept. of Psychiatry - Dr. Carolyn Stark
Dept. of Internal Medicine - Dr. Heather Stefanison
Dept. of Diagnostic Imaging - Dr. David Williams
Dept. of Mat/Child - Dr. Ian Ferguson
Dept. of Emergency Medicine - Dr. Jeff Hussey
Dept. of Anesthesia - Dr. Iain Reid
Division of Critical Care - Dr. Scot Mountain
Peri-Operative Medical Director - Dr. Seth Bitting

Doctors of BC - Leah Jackson
KBPA Managing Director - Mona Mattei

Welcome to Mona Mattei, the new KBPA Managing Director.

Hello everyone, Mona Mattei here introducing myself! Many of you already know me and have worked with me with the Division of Family Practice and Shared Care projects over the past 11 years. I'm excited to be taking on a new role with your team as the Facility Engagement Director for KBPA under the leadership of the Board. My recent work has been with the Division doing healthcare improvement projects such as improving transport for small site EDs that close daily, supporting the digital health changes that all clinics transitioned through during the pandemic, and most recently engagements to address the unattached patient population in our region in conjunction with the primary care crisis and stressors our clinics face. I have been a Kootenay Boundary resident for over 20 years and embrace our region, enjoying biking and hiking along with time at the rivers in the summer. I must confess I like to head to the southern sun in the winter!



In this new role I aim to support the excellent work underway with the team and plan to continue to build a collaborative approach to all our endeavours. I am busy getting to know everyone and familiarizing myself with different projects. With new leadership on the Board and a new Clinical Director for the site there will be some great opportunities in the next few months to build strong relationships with our health authority leaders. In the new fiscal year I hope to dig into some strategic planning and I look forward to bringing my experience and enthusiasm to the new year of improvements for KBRH!

Mona Mattei
Managing Director
KBPA | Facility Engagement

An outgoing message from KBPA Managing Director, James Brotherhood.



As I transition out of the role with KBPA, I'd like to take a moment to just say thank you to all of you, and particularly the board, working group and staff.

I have had the privilege of working with high performance humans my entire career, and this was no exception. The tireless dedication to your craft, the sacrifices to you make and your pursuit of excellence place make you very truly special people.

I'd also like to recognize your humanity, frailty, and acknowledge the extremely challenging circumstances within which you navigate day in and day out, and the need to process that stress in safe and supported ways.

I am proud to have had the opportunity to support such an amazing group of people and the initiatives we rolled out over the past 3 years and I hope our legacy is a more connected, supported and healthy (both mental and physical) medical staff.

I'm now on the other side of the healthcare spectrum trying to make our communities healthier through sport and activity, resulting in disease prevention, supporting mental health, and higher quality sport experiences. The website should be up soon, so in a couple weeks be sure to check out www.pacificsportcolumbiabasin.com

James Brotherhood

KBPA Project List:

Do you have a great idea for a project?

We can help! Download the [project proposal template](#) and then contact us for support. You can also submit ideas online at <http://bit.ly/kb-bon>. We have a significant amount of funds to use over the winter, this is a great opportunity to make positive change at our hospital!

Many more projects on the go - [click here for more details on our website!](#)



Questions? Feedback?

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kpegg@kbpa.ca

pedney@kbpa.ca



Forward

Kootenay Boundary Physicians Association

www.kbpa.ca

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